



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 15034, Fish, haddock, cooked, dry heat

Report Date: June 25, 2017 19:00 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 150g	3.0 oz 85g
Proximates						
Water	g	79.65	--	--	119.47	67.70
Energy	kcal	90	--	--	135	76
Energy	kJ	378	--	--	567	321
Protein	g	19.99	--	--	29.98	16.99
Total lipid (fat)	g	0.55	--	--	0.82	0.47
Ash	g	1.56	--	--	2.34	1.33
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00
Minerals						
Calcium, Ca	mg	14	--	--	21	12
Iron, Fe	mg	0.21	--	--	0.32	0.18
Magnesium, Mg	mg	26	--	--	39	22
Phosphorus, P	mg	278	--	--	417	236
Potassium, K	mg	351	--	--	526	298
Sodium, Na ^a	mg	261	--	--	392	222
Zinc, Zn	mg	0.40	--	--	0.60	0.34
Copper, Cu	mg	0.026	--	--	0.039	0.022
Manganese, Mn	mg	0.013	--	--	0.019	0.011
Selenium, Se	µg	31.7	--	--	47.5	26.9
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 150g	3.0 oz 85g
Thiamin	mg	0.023	--	--	0.034	0.020
Riboflavin	mg	0.069	--	--	0.104	0.059
Niacin	mg	4.119	--	--	6.178	3.501
Pantothenic acid	mg	0.494	--	--	0.741	0.420
Vitamin B-6	mg	0.327	--	--	0.491	0.278
Folate, total	µg	13	--	--	20	11
Folic acid	µg	0	--	--	0	0
Folate, food	µg	13	--	--	20	11
Folate, DFE	µg	13	--	--	20	11
Choline, total	mg	79.6	--	--	119.4	67.7
Vitamin B-12	µg	2.13	--	--	3.19	1.81
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	21	--	--	32	18
Retinol	µg	21	--	--	32	18
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	62	--	--	93	53
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.55	--	--	0.82	0.47
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta	mg	0.00	--	--	0.00	0.00
Tocopherol, gamma	mg	0.00	--	--	0.00	0.00
Tocopherol, delta	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.6	--	--	0.9	0.5
Vitamin D3 (cholecalciferol)	µg	0.6	--	--	0.9	0.5
Vitamin D	IU	23	--	--	34	20
Vitamin K (phylloquinone)	µg	0.1	--	--	0.1	0.1
Lipids						
Fatty acids, total saturated	g	0.111	--	--	0.166	0.094
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 150g	3.0 oz 85g
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.002	--	--	0.003	0.002
14:0	g	0.005	--	--	0.007	0.004
15:0	g	0.001	--	--	0.002	0.001
16:0	g	0.077	--	--	0.116	0.065
17:0	g	0.001	--	--	0.002	0.001
18:0	g	0.025	--	--	0.037	0.021
20:0	g	0.000	--	--	0.000	0.000
22:0	g	0.000	--	--	0.000	0.000
24:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.074	--	--	0.111	0.063
14:1	g	0.001	--	--	0.002	0.001
15:1	g	0.000	--	--	0.000	0.000
16:1 undifferentiated	g	0.005	--	--	0.007	0.004
17:1	g	0.008	--	--	0.012	0.007
18:1 undifferentiated	g	0.048	--	--	0.072	0.041
20:1	g	0.006	--	--	0.009	0.005
22:1 undifferentiated	g	0.002	--	--	0.003	0.002
24:1 c	g	0.005	--	--	0.007	0.004
Fatty acids, total polyunsaturated	g	0.204	--	--	0.306	0.173
18:2 undifferentiated	g	0.019	--	--	0.029	0.016
18:3 undifferentiated	g	0.002	--	--	0.003	0.002
18:4	g	0.002	--	--	0.003	0.002
20:2 n-6 c,c	g	0.001	--	--	0.002	0.001
20:3 undifferentiated	g	0.002	--	--	0.003	0.002
20:4 undifferentiated	g	0.011	--	--	0.017	0.009
20:5 n-3 (EPA)	g	0.051	--	--	0.076	0.043
22:4	g	0.001	--	--	0.002	0.001
22:5 n-3 (DPA)	g	0.006	--	--	0.009	0.005
22:6 n-3 (DHA)	g	0.109	--	--	0.164	0.093
Fatty acids, total trans	g	0.005	--	--	0.007	0.004
Cholesterol	mg	66	--	--	99	56

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 150g	3.0 oz 85g
Amino Acids						
Tryptophan	g	0.260	--	--	0.390	0.221
Threonine	g	1.015	--	--	1.522	0.863
Isoleucine	g	1.067	--	--	1.600	0.907
Leucine	g	1.882	--	--	2.823	1.600
Lysine	g	2.126	--	--	3.189	1.807
Methionine	g	0.686	--	--	1.029	0.583
Cystine	g	0.249	--	--	0.373	0.212
Phenylalanine	g	0.904	--	--	1.356	0.768
Tyrosine	g	0.781	--	--	1.171	0.664
Valine	g	1.193	--	--	1.790	1.014
Arginine	g	1.385	--	--	2.078	1.177
Histidine	g	0.682	--	--	1.023	0.580
Alanine	g	1.400	--	--	2.100	1.190
Aspartic acid	g	2.371	--	--	3.556	2.015
Glutamic acid	g	3.456	--	--	5.184	2.938
Glycine	g	1.112	--	--	1.668	0.945
Proline	g	0.819	--	--	1.228	0.696
Serine	g	0.944	--	--	1.416	0.802
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Footnotes

^a Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 87 mg sodium/100g.